

# INDEPENDENT Choice™

September 2018

Pacific  
Organic Broth  
(selected varieties)

**\$3<sup>29</sup>**  
32 oz



Food For Life  
Organic Ezekiel 4:9® Bread  
(selected varieties)

**\$4<sup>29</sup>**  
24 oz



Nature's Path  
Organic  
Heritage Flakes

**\$3<sup>49</sup>**  
13.25 oz



Cascadian Farm Organic  
Organic Potatoes

**2/\$5**

16 oz



Mary's Gone Crackers  
Organic Crackers  
(selected varieties)

**\$3<sup>49</sup>**  
5.5-6.5 oz



Lakewood  
Organic Pure  
Cranberry

**\$7<sup>49</sup>**  
32 oz



Annie's Naturals  
Organic Dressing  
(selected varieties)

**2/\$6**

8 oz



Muir Glen  
Organic  
Tomatoes  
(selected varieties)

**5/\$5**

14.5 oz



Coconut Bliss  
Organic Non-Dairy Frozen  
Dessert

**\$4<sup>99</sup>**  
1 pt



Late July  
Organic Restaurant  
Style Tortilla Chips

**2/\$6**

10-11 oz



**Did you know...**

According to the USDA, a  
teaspoon of healthy soil has  
more microorganisms in it  
than there are people on earth!

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Go Veggie  
Vegan Grated  
Parmesan  
Style Topping  
**\$2<sup>79</sup>**  
4 oz



Rising Moon  
Organic Ravioli

**\$3<sup>29</sup>**  
8 oz



Muir Glen  
Organic Pasta Sauce

**2/\$5**  
25.5 oz



Annie's Homegrown  
Organic  
Mac & Cheese  
(selected varieties)

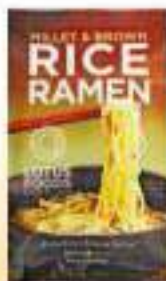
**2/\$5**

6 oz



Lotus Foods  
Rice Ramen  
(selected varieties)

**\$1<sup>39</sup>**  
2.8 oz



San-J  
Asian  
Cooking Sauce

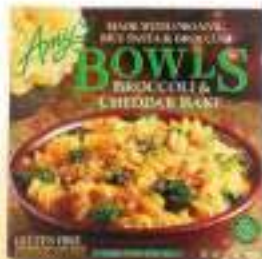
**\$2<sup>79</sup>**  
10 oz



Amy's  
Bowls  
(selected varieties)

**\$4<sup>29</sup>**

9.5 oz



Tasty Bite  
Rice  
(selected varieties)

**2/\$3**

8.8 oz



Jackson's Honest  
Potato Chips

**2/\$6**

5 oz



**JACKSON'S  
HONEST®**

Potato chips, tortilla chips and grain-free puffs you'll love made with the highest quality ingredients. Slow cooked in organic coconut oil to lock in flavors and preserve the nutritional integrity.

**SNACK LIKE  IT MATTERS**



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# Quinoa Patties

Makes 8-12

## Ingredients:

- 3 c cooked quinoa
- 1 medium carrot, peeled & grated
- ½ bunch scallion, thinly sliced
- 3 large eggs
- ¼ c sunflower oil

- 1 T flaxseed 3 garlic cloves, minced
- ½ tsp sea salt
- ½ c organic cornmeal
- sour cream
- pickled shredded beets

## Instructions:

Add all ingredients except cornmeal into a bowl and mix well. Stir in cornmeal, adding more if necessary to form a firm mixture that will hold together. Form mixture into 8-12 patties and place on a parchment lined baking sheet. Bake in a 350°F oven for 15-20 minutes or until starting to brown. Serve warm with sour cream and pickled beets.



wildbrine  
Sauerkraut  
(selected varieties)

**\$5<sup>29</sup>**

18 oz



Sir Kensington's  
Mayonnaise  
(selected varieties)

**\$3<sup>99</sup>**

10 oz



Tofurky  
Deli Slices

**\$2<sup>99</sup>**

5.5 oz



Health Valley  
Organic Soup  
(selected varieties)

**2/\$5**

14.5-15 oz



Natural Sea  
Wild Albacore Tuna

**2/\$5**

5 oz



Applegate Farms  
Chicken Nuggets

**\$4<sup>69</sup>**

8 oz



Napa Valley Naturals  
Organic Extra Virgin  
Olive Oil

**\$9<sup>49</sup>**

25.4 oz



Wild Planet  
Wild Sardines

**\$1<sup>89</sup>**

4.375 oz



Sunshine Burger  
Organic Veggie Burger  
(selected varieties)

**\$3<sup>49</sup>**

2-3 ct



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REBBL  
Organic Elixir  
(selected varieties)

**\$2<sup>99</sup>**  
12 oz



INDULGE IN  
**SUPER HERB  
POWERED ELIXIRS**

- Ethical, impact sourcing of our all-organic ingredients to uplift communities around the world
- A celebration of ancient wisdom delivering full potency herbs, including adaptogens, to help the body de-stress and energize
- Softly Crafted with MCT-fused coconut milk for healthy metabolism support
- 2.5% of net sales of each bottle sold goes back to Not For Sale



REBBL.CO

KeVita  
Organic Apple Cider  
Vinegar Tonic

**2/\$5**

15.2 oz



Kalona Supernatural  
Organic Cottage Cheese

**\$4<sup>49</sup>**  
16 oz



Organic Valley  
Organic Mozzarella  
Stringles

**\$3<sup>99</sup>**  
6 oz



Larabar  
Fruit & Nut Bar  
(selected varieties)

**5/\$5**

1.6-1.8 oz



Hope  
Organic Hummus

**2/\$6**

8 oz



Vermont Smoke & Cure  
Classic Meat Stick

**3/\$4**

1 oz



ProBar  
Meal Replacement Bar  
(selected varieties)

**2/\$5**

3 oz



Garden of Eatin'  
Blue  
Tortilla Chips

**\$3<sup>49</sup>**

16 oz



Annie's Homegrown  
Organic  
Snack Mix

**\$3<sup>49</sup>**

9 oz



Base Culture  
Almond Butter Brownie

**2/\$3**

2.2 oz



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Triple Leaf Tea  
Blood Pressure  
Tea

**\$2<sup>99</sup>**  
20 ct



Chameleon Cold-Brew  
Organic Ready-To-  
Drink Coffee  
(selected varieties)

**2/\$6**

10 oz



Organic Valley  
Organic Flavored  
Half & Half

**\$2<sup>99</sup>**  
16 oz



Chocolove  
Chocolate Bar

**2/\$4**

3.2 oz



Navitas  
Organic  
Cacao Powder

**\$5<sup>79</sup>**

8 oz



Maple Hill Creamery  
Organic Grassfed Cream on  
Top Yogurt

**5/\$5**

6 oz



Organic Valley  
Organic Sour Cream

**\$3<sup>29</sup>**

16 oz



Redwood Hill Farm  
Plain Goat  
Milk Yogurt

**\$5<sup>49</sup>**

32 oz



Califia Farms  
Almondmilk  
(selected varieties)

**\$3<sup>99</sup>**

48 oz



Canyon Bakehouse  
Gluten Free Bread  
(selected varieties)

**\$4<sup>29</sup>**

18 oz



Happy Baby  
Organic Simple  
Combos Baby Food

**4/\$5**

4 oz



Van's  
Waffles  
(selected varieties)



**\$2<sup>39</sup>**  
8-9 oz

Annie's Homegrown  
Organic Honey  
Graham Crackers

**\$3<sup>29</sup>**

14.1 oz



Spectrum  
Organic Refined  
Coconut Oil

**\$4<sup>99</sup>**

14 oz



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Green & Black's  
Organic  
Chocolate Bar

**\$2<sup>79</sup>**  
3.5 oz.



What do you think of  
when you think of organic?

Some folks think of wholesome foods farmed without pesticides, or the fresh flavor of organic, or perhaps livestock humanely raised and free of hormones. But how many of us think of dirt? Well, we should, because the soil of an organic farm impacts far more than our food.

Theo  
Organic  
Chocolate Bar

(selected varieties)

**\$2<sup>29</sup>**  
3 oz.



Soil is an amazing medium teeming with life. According to the USDA, a teaspoon of healthy soil has more microorganisms in it than there are people on earth! Organic farming practices, like low/no tillage, cover crops and crop rotation, support the biodiversity of the soil. Why is this important? Healthy soil absorbs and retains water better, helping crops withstand periods of drought and minimizing run-off and erosion. It keeps minerals and organic matter in the soil supporting both microbial life and supplying food for healthy plants. Keeping fields covered with diverse crops helps crowd out weeds, reduces the chances of disease, improves air quality by pulling carbon, and provides food and shelter for a variety of wildlife. Organic supports healthy soil and a healthy earth.

So Delicious  
Coconut Milk  
Bars

(selected varieties)

**\$4<sup>29</sup>**  
4 ct.



September is Organic Month and we should take a moment to consider the importance of healthy soil, and stop treating it like dirt.

Alden's  
Organic Ice Cream

**\$6<sup>49</sup>**  
48 oz.



Madhava  
Organic  
Coconut Sugar

**\$4<sup>29</sup>**  
16 oz.



Teecino  
Organic French  
Roast Tee-Bag

**\$3<sup>49</sup>**  
10 ct.



OCHO Candy  
Organic Candy Bar

(selected varieties)

**4/\$5**  
1.5 oz.



Panda  
Licorice

**\$2<sup>29</sup>**  
7 oz.



Harmless Harvest  
Organic Harmless  
Coconut Water

**\$3<sup>99</sup>**  
16 oz.



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PUR  
Gum

**\$1<sup>19</sup>**  
9 ct



Guayaki  
Organic Sparkling  
Yerba Mate

**2/\$4**

12 oz.



Essentia  
Alkaline Water

**99¢**

20 oz.



C2O  
Coconut Water

**2/\$3**

17.5 oz.



Zevia  
Zero Calorie Soda

**2/\$7**

6 ct.



R.W. Knudsen  
Organic Just  
Tart Cherry Juice

**\$5<sup>99</sup>**

32 oz.



Health-Ade  
Organic Kombucha

**2/\$5**

16 oz.



Fire Cider  
Organic Apple Cider  
Vinegar Tonic

**\$11<sup>99</sup>**

8 oz.



Choice Organic Teas  
Organic Tea  
(selected varieties)

**\$3<sup>29</sup>**

16 ct.



Organic India  
Organic Whole  
Husk Psyllium

**\$10<sup>29</sup>**

12 oz.



Yerba Prima  
Great Plains  
Bentonite

**\$7<sup>99</sup>**

16 oz.



Celestial Seasonings  
Tea  
(selected varieties)

**\$2<sup>29</sup>**

20 ct.



Garden of Life  
Organic Plant-  
Based Protein

**\$35<sup>99</sup>**

806 g - 840 g



NeoCell  
Super Collagen

**\$11<sup>49</sup>**

7 oz.



Bluebonnet Nutrition  
Liquid Calcium  
Magnesium Citrate

**\$9<sup>99</sup>**

16 oz.



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Sovereign Silver  
Bio-Active Silver  
Hydrosol Dropper-  
Top 10 ppm  
**\$19<sup>19</sup>**

4 oz



MegaFood  
Turmeric Strength  
for Whole Body

**\$20<sup>99</sup>**

60 tab



Renew Life  
Ultimate Flora Extra Care  
Probiotic 50 Billion

**\$29<sup>99</sup>**

30 cap



Nature's Way  
Activated  
Charcoal

**\$7<sup>49</sup>**

100 cap



Natural Factors  
C 500 mg 100%  
Natural Fruit Chew

**\$9<sup>99</sup>**

90 tab



KAL  
Magnesium  
Glycinate 400

**\$11<sup>49</sup>**

90 tab



Natrol  
Advanced Sleep  
Melatonin 10mg

**\$7<sup>49</sup>**

60 tab



Herbs, Etc.  
Deep Sleep<sup>®</sup>

**\$21<sup>79</sup>**

60 sgel



Vega  
Organic Vega One  
Chocolate All-In-  
One Shake

**\$49<sup>99</sup>**

25 oz



## Vega One<sup>®</sup> IS ALL IN FOR ORGANIC



With real plant-based ingredients, Vega One<sup>®</sup> Organic All-in-One Shake harnesses the power of plants to help you supercharge your day, deliciously. Enjoy 20 grams plant-based protein, vitamins and minerals, fiber, Omega-3 ALA, antioxidant vitamins A and C, and probiotics (*Bacillus coagulans*) in each serving. Start your day strong with delicious French Vanilla, Chocolate, Plain Unsweetened, Mocha, Coconut Almond, Berry and Chocolate Mint flavors.

PLANT-BASED  
**vega**



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Topricin  
Pain Relief Cream

**\$11<sup>49</sup>**  
2 oz



Nordic Naturals  
Children's DHA

**\$19<sup>99</sup>**  
180 ct



Mineral Fusion  
Volumizing  
Jet Mascara

**\$12<sup>99</sup>**  
.57 oz



Dr. Bronner's  
Peppermint Pure-  
Castile Liquid  
Soap

**\$7<sup>49</sup>**  
16 oz



Boiron  
Children's Chestal  
Cold & Cough

**\$8<sup>29</sup>**  
6.7 oz



Redmond  
Earthpaste  
Toothpaste

**\$5<sup>99</sup>**  
4 oz



Weleda  
Skin Food

**\$12<sup>49</sup>**  
2.5 oz



Nature's Gate  
Crème Toothpaste

**\$3<sup>29</sup>**  
6 oz



Essential Oxygen  
Organic  
Brushing Rinse

**\$9<sup>29</sup>**  
16 oz



Alaffia  
Everyday Coconut  
Body Lotion

**\$9<sup>99</sup>**  
32 oz



ShiKai  
Everyday Shampoo  
& Conditioner

**\$5<sup>49</sup>**  
12 oz



Andalou Naturals  
1000 Roses  
Cleansing Foam

**\$8<sup>49</sup>**  
5.5 oz



DERMA E  
Anti-Wrinkle Renewal  
Cream

**\$11<sup>99</sup>**  
4 oz



Castor & Pollux  
Good Buddy Beef  
Jerky Dog Treats

**\$3<sup>29</sup>**  
3.5 oz



Biokleen  
Bac-Out Stain +  
Odor Eliminator

**\$5<sup>79</sup>**  
32 oz



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The future belongs to  
those who believe  
in the beauty of  
their dreams.  
~Eleanor Roosevelt



**Independent Choice™** specials are available at members of the Independent Natural Food Retailers Association store locations:

**ALABAMA**

**Manna Grocery & Deli**  
2300 McFarland Blvd E,  
Tuscaloosa

**ARKANSAS**

**Nature's Wonders**  
910 Hwy 62-65 N, Harrison

**The Truck Patch**

1602 Hwy 62E, Mountain Home  
906 Southwest Dr, Jonesboro

**ILLINOIS**

**Choices Natural Market**  
6718 Broadview Plwy, Loves Park

**Cornucopia**

**Natural Market & Deli**  
176 Seminary St, Galena

**Green Earth Grocery**

441 S Buchanan St, Edwardsville

**Heritage Natural Foods**

1317 6th Ave, Moline

**Kankakee Natural Foods**

1035 Mulligan Dr, Bradley

**Local Foods**

1427 W Willow, Chicago

**Naturally Organic Grocery**

112 W Main St, Rockton

**Pohon's Natural Foods**

960 Main St, Antioch

**Southtown Health Foods**

2100 W 95th St, Chicago

**Sunrise Health Foods**

17650 Torrence Ave, Lansing  
3203 Vollmer Rd, Flowood  
4111 W 186th St, Country Club Hills

**INDIANA**

**Cathy's Natural Market**  
1315 North Cass St, Wabash

**Down to Earth Natural Foods**

14678 SR 23 E, Grainger

**Georgetown Market**

4375 Georgetown Rd, Indianapolis

**The Good Earth**

**Natural Food Co**  
6350 Guilford Ave, Indianapolis

**Natural Choices**  
**for Healthful Living**

1825 Central Ave, Columbus

**Nature's Cupboard**

761 Indian Boundary Rd Ste 3,  
Chesterton  
340 Dunes Plaza, Michigan City

**Rainbow Blossom**

3003 Charlesown Crossing Way,  
New Albany

**Sunrise Health Foods**

1708 E Lincolnway, Valparaiso

**The Sunspot Natural Market**

3717 S Road Rd, Kokomo  
500 W Sagamore Plwy,  
West Lafayette

**Tyner Pond Farm Market**

120 S Audubon Rd, Indianapolis

**IOWA**

**Campbell's Nutrition**  
4040 University Ave, Des Moines  
2749 100th St, Urbandale

**Everybody's Whole Foods Store**

501 N 2nd St, Fairfield

**Heritage Natural Foods**

3875 Elmwood Ave, Davenport

**KANSAS**

**Kounty Kupboard**  
15750 SW 150th St, Rose Hill

**KENTUCKY**

**Happy Meadow Natural Foods**  
286 Glades Rd, Berea

**Rainbow Blossom**

3738 Lexington Rd, Louisville  
3608 Springhurst Blvd, Louisville  
12232 Shelbyville Rd, Louisville  
3046 Bardstown Rd, Louisville

**MICHIGAN**

**Better Health Market**  
2420 E Stadium, Ann Arbor  
42875 Grand River, Novi  
10792 Belleville Rd, Belleville  
2055 S Telegraph, Bloomfield Hills  
1330 N Telegraph Rd, Dearborn  
305 N Clippert St, Lansing  
19850 Mack Ave, Grosse Pointe Woods  
20432 Farmington Rd, Livonia  
44427 W Ann Arbor Rd, Plymouth  
17096 W 13 Mile Rd, Beverly Hills  
33452 Van Dyke, Sterling Heights  
17825 Eureka Rd, Southgate  
6235 W Saginaw, Lansing  
14105 Hall Rd, Shelby Township

**Natural Health Center**

4610 W Main St, Kalamazoo

**MINNESOTA**

**A Clean Plate**  
**Local & Organic Grocer**  
13 Birch Ave SE, Menahga

**MISSOURI**

**Clovers Natural Market**  
2012 E Broadway, Columbia  
2100 Chapel Plaza Ct, Columbia

**Mama Jean's Natural Market**

3503 E Sunshine, Springfield  
1727 S Campbell Ave, Springfield  
1110 E Republic Rd, Springfield

**MJ's Market & Deli**

900 E Battlefield, Springfield

**Natural Health Organic Foods**

135 S Broadview St,  
Cape Girardeau

**Nature's Own Health Market**

1020 Westport Road, Kansas City  
310 E 5th St, Kansas City

**Suzanne's Natural Foods**

3106 S Connecticut, Joplin

**OHIO**

**Raisin Rack**

**Natural Food Market**  
4629 Cleveland Ave NW, Canton  
2545 Schrock Rd, Westerville

**PENNSYLVANIA**

**Nature's Way Market**  
796 Highland Ave, Greensburg

**TEXAS**

**Fresh Plus**  
1221 W Lynn St, Austin  
408 E 43rd St, Austin  
2917 W Anderson Ln, Austin  
2401 San Gabriel, Austin

**WEST VIRGINIA**

**Mother Earth Foods**  
1638 19th St, Parkersburg

**WISCONSIN**

**Downtown Grocery**  
607 Third St, Wausau

**The Free Market**

734 W Wisconsin Ave, Appleton

**Good Harvest Market**

2205 Silvermill Rd, Pewaukee

**The Grainery**

127 3rd St, Baraboo

**Greens N Grains**

7821 Hwy 42, Egg Harbor

**Healthy Way Market**

142 S 3rd Ave, Searcyton Bay

**Village Market**

806 S Main St, Ford du Lac